

III. HEALTH, NUTRITION and EXERCISE SCIENCE

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Guidelines for Mathematical Sciences Courses

Students in the Health, Nutrition, and Exercise Science Department should check the mathematics requirements specified for the major in the college catalog. Students in these majors are required to meet the QuEST Mathematical Science requirement but often have specific or additional mathematics courses specified in the major.

Students with Advanced Placement credit:

Requirements for courses in mathematical sciences can be met through Advanced Placement exam credit. Students who have taken AP exams in calculus, computer science, or statistics should check [here](#) to find out how credit is awarded for your scores.

Nutrition and Dietetics (B.S.) Progression Requirements

Progression requirements: In order to progress into NUTR 428, NUTR 430, NUTR 432 and NUTR 450 students must have completed the following courses with no grades lower than a C- in each and an average GPA in them of at least 2.50 (at least 2.75 if more than one of these courses is transferred to Messiah and at least 3.00 if more than one of these courses is transferred to Messiah):

CHEM 105
CHEM 106,
CHEM 204 or CHEM 309 and CHEM 310
BIOL 185 or BIOL 160 or BIOL 170,
NUTR 121
NUTR 222.

Students who do not achieve the required minimum GPA will not be able to complete the Nutrition and Dietetics major, but will be eligible to complete the Food and Nutrition minor.

Nutrition and Dietetics (B.S.) Progression Course Repeat Policy

One course from the list of courses used to determine the progression GPA may be repeated one time. An attempt at a course will include all letter grades as well as W. When extenuating circumstances arise (i.e. significant illness or death in the family), students may appeal this policy by submitting a written letter explaining the rationale for the exception to the DPD Director. If the appeal is denied, the decision may be appealed to the dean of the School of Science, Engineering and Health.

Applied Health Science (B.S.) with Pre-Athletic Training Concentration
5-Year Accelerated MSAT – 10 Semester Advising Plan

Course #	Course name	Credits	Course #	Course name	Credits
Fall – 1st semester total		16	Spring – 2nd semester total		17
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
varies	1 st semester language*	3	varies	2 nd semester foreign language*	3
PHIL/RELI	QuEST Philosophy or Religion*	3	HIST xxx	QuEST U.S. History*	3
APHS 170	Concepts of Conditioning*	2	COMM 105	Foundations of Oral Communication*	3
ATHT 102	Introduction to Athletic Training	1	ATHT 140	Prevention & Management of Injury	2
BIOL 170	Cell and Animal Physiology w/Lab	4	PSYC 101	Introduction to Psychology	3
Fall – 2nd semester total		17	Spring – 4th semester total		18
CHEM 103 or 105	Chemical Science (recommended)* or General Chemistry I*	4	Varies	QuEST Arts (ART, THEA, MUGE)*	3
Varies	Ethics/World Views/Pluralism	3	BIBL 20x	Knowledge of the Bible*	3
BIOL 185	Human Anatomy & Physiology I w/lab	4	STAT 269	Introductory Statistics*	3
Varies	Choose 1: GERO 251, PSYC 209, PSYC 210, HDFS 311, or HDFS 312	3	BIOL 186	Human Anatomy & Physiology II w/lab	4
ATHT 236	Orthopedic Assessment	3	APHS 215	Chronic Disease and Exercise	3
			ATHT 203	Medical Terminology	2
Fall – 5th semester total		17-18	Spring – 6th semester total		16-17
ENGL 1xx	QuEST Literature*	3	Varies	QuEST non-western*	2-3
ATHT 339	Therapeutic Interventions	3	varies	3 rd semester language*	3
APHS 301	Exercise Physiology w/Lab	4	Varies	QuEST Christian Beliefs*	3
MATH 102, 108 or 111	Mathematics of Growth (recommended)* or Calculus	3-4	APHS 271	Kinesiology	3
PHYS 201	Physics w/Lab	4	APHS 325	Exercise Nutrition and Metabolism	3
			ATHT 480	Athletic Training Senior Seminar	2
Summer between semester 6 and 7 total		4			
ATHT 507	Emergency Management	1			
ATHT 501	The Professional Athletic Trainer	1			
ATHT 510	Clinical Rotation I: Messiah/HS/College	1			
ATHT 505	Bracing and Taping	1			
Fall – 7th semester total		12	Spring – 8th semester total		15
ATHT 524	Evaluation of the Upper Extremity ^{A1}	1.5	ATHT 545	Kinesiology with Lab	2
ATHT 526	Assessment of the Lower Extremity ^{A2}	1.5	ATHT 530	Clinical Rotation III ^{A1}	1.5
ATHT 518	Scientific Inquiry I	3	ATHT 534	Evaluation of the Spine ^{A1}	1.5
ATHT 520	Clinical Rotation II: Messiah/HS/College	3	ATHT 537	General Medical/Pharmacology Topics ^{A1}	1.5
ATHT 522	Therapeutic Interventions	3	ATHT 540	Clinical Rotation IV ^{A2}	1.5
			ATHT 543	Eating for Recovery and Performance ^{A2}	1.5
			ATHT 547	Head Injury in Sport ^{A2}	1.5
			ATHT 528	Scientific Inquiry II	3
Summer between Semester 8 & 9 total		3			
ATHT 555	Gross Human Anatomy	3			
Fall – 9th semester total		12	Spring – 10th semester total		12
ATHT 637	Behavioral Health ^{A1}	1.5	ATHT 634	Case Review III Spine ^{A1}	3
ATHT 647	Human Performance Training ^{A2}	1.5	ATHT 653	Administration & Liability ^{A1}	1.5
ATHT 624	Case Review I Upper Extremity	3	ATHT 657	Epidemiology & Public Health ^{A1}	1.5
ATHT 626	Case Review II Lower Extremity	3	ATHT 660	Clinical VI Immersive ^{A2}	4
ATHT 650	Clinical Rotation V	3	ATHT 695	Graduate Capstone (online)	2

*QuEST requirement

^{A1} 8-week course in 1st half of semester

^{A2} 8-week course in 2nd half of semester

Applied Health Science (B.S.) with Exercise Science Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
APHS 170	Concepts of Conditioning	2	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
BIOL 185	Human Anatomy and Physiology I	4	BIOL 186	Human Anatomy and Physiology II	4
COMM 105	Oral Communication*	3	IDCR 151	Created and Called for Community*	3
IDFY 101	First Year Seminar*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	PSYC 101	Introduction to Psychology	3
TOTAL		15	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	APHS 301	Exercise Physiology	4
CHEM 103 or 105	Chemical Science or General Chemistry I**	4	BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3
MATH/CIS/STAT	Mathematical Science* (1 st year)	3	BIOL 189	Genetics for Health Professionals	3
Varies	Literature* (1 st or 2 nd year)	3	HIST	History* (1 st or 2 nd year)	3
Varies	PSYC 209, HDFs 210, 311, 312 or GERO 251	3	Varies	Elective	3
TOTAL		16	TOTAL		16
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	APHS xxx	APHS elective	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
NUTR 222	Principles of Nutrition	3	Varies	Elective	3
APHS xxx	APHS Elective	3	Varies	Elective	3
Varies	Art, Music or Theatre meeting QuEST	3	Varies	Elective	3
TOTAL		14-15	TOTAL		15
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 325	Exercise Nutrition and Metabolism	3
INTE 391	Internship	1-3	APHS 412	Senior Seminar	3
Varies	Elective	3	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
Varies	Elective	3	Varies	Elective	3
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	Varies	Elective	3
TOTAL		13-15	TOTAL		15

*QuEST requirement

**Students interested in pursuing graduate school should take CHEM 105.

Applied Health Science (B.S.) / Occupational Therapy (M.S.O.T.) 3+2 Suggested 8-Semester Plan

Note: This major open only to students already accepted by Thomas Jefferson

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
BIOL 185	Human Anatomy and Physiology I	4	BIOL 186	Human Anatomy and Physiology II	4
APHS 170	Concepts of Conditioning	2	Varies	2 nd language* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology	3	COMM 105	Oral Communication*	3
Varies	1 st language*	3	PSYC 209	Life Span Development	3
		TOTAL			15
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3
STAT 269	Statistics*	3	HIST	History* (1 st or 2 nd year)	3
SOCI 101	Principles of Sociology*	3	Varies	Art, Music or Theatre* (1 st or 2 nd year)	3
CHEM 103	Chemical Science*	4	PSYC 319	Abnormal Psychology	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	BIOL 189	Genetics for Health Professions	3
WELL 1xx	Wellness* (1 st or 2 nd year)	1	SOAN 212	Cultural Anthropology	3
		TOTAL			16
Junior – Fall			Junior – Spring		
NUTR 222	Principles of Nutrition	3	THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3
APHS 301	Exercise Physiology	4	APHS 325	Exercise Nutrition and Metabolism	3
ENGL 1xx	Literature* (1 st or 2 nd year)	3	APHS 412	Senior Seminar	3
RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3	Varies	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3
Varies	3 rd language or Cross Cultural* (2 nd or 3 rd yr)	3	APHS 360	Exercise Testing and Prescription	3
		TOTAL			16
Senior Fall @ TJU			Senior Spring @ TJU		
OT 302	App. Anatomy and Kinesiology	4	OT 308	Concepts in Neurodevelopment L/L	4
OT 311	Health and Health Conditions	4	OT 322	Found of Occupation-Centered Pract I	2
OT 321	Found of Occupation-Centered Pract I	2	OT 357	Evaluation Process	4
OCT 336	Occupation through Lifespan L/L	5			
OT	Domains of OT Practice Field Work I	2			
		TOTAL			17
					TOTAL
					8

*QuEST requirement

Summer courses at TJU include:

- OT 341 Occupational analysis and evaluation-Fieldwork level 1: 2 cr
- OT 467 Health Services Administration & Professional Development: 2 cr
- OT 603 Research Mentorship and Methods: 4 cr
- Substitute OT 302 for APHS 271
- Substitute OT 311 for HPED 305
- Students will also take other courses their senior year at TJU, but these are 500+ level courses and there do not count towards the undergraduate degree.
- Thomas Jefferson **will accept** CLEP and AP credits with the exception of Anatomy and Physiology.
- Thomas Jefferson **will NOT accept** transfer credits from other institutions.
- Students must have a “B” average between BIOL 185 & 186.
- Students may “walk” in the Messiah College May graduation ceremony, but will not complete their Messiah College degree until August, contingent upon successful completion of OT 467.

Applied Health Science (Pre-OT) (B.S) / Occupational Therapy MOT Suggested Course Sequencing

Course #	Course name	Credits	Course #	Course name	Credits
Fall – 1st semester total		15	Spring – 2nd semester total		16
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
varies	1 st semester language*	3	varies	2 nd semester language *	3
APHS 170	Concepts of Conditioning*	2	COMM 105	Foundations of Oral Communication*	3
BIOL 185	Human Anatomy & Physiology I w/lab	4	BIOL 186	Human Anatomy & Physiology II w/lab	4
PSYC 101	Introduction to Psychology	3	PSYC 209	Life Span Development	3
Fall – 2nd semester total		16	Spring – 4th semester total		17
CHEM 103	Chemical Science *	4	BIBL 20x	Knowledge of the Bible*	3
varies	3 rd semester language/cross cultural*	3	HIST xxx	QuEST U.S. History*	3
APHS 215	Chronic Disease and Exercise	3	Varies	QuEST Arts (ART, THEA, MUGE)*	3
APHS 220	Health Promotion Management	3	ATHT 203	Medical Terminology and Topics	2
STAT 269	Introductory Statistics*	3	BIOL189	Genetics for Health Professions	3
			PSYC 319	Abnormal Psychology	3
Fall – 5th semester total		16-17	Spring – 6th semester total		18
ENGL 1xx	QuEST Literature*	3	Varies	QuEST Christian Beliefs*	3
PHIL/RELI	QuEST Philosophy or Religion*	3	Varies	Ethics/World Views/Pluralism	3
Varies	QuEST non-western*	2-3	APHS xxx	APHS Elective	3
APHS 301	Exercise Physiology w/Lab	4	APHS 325	Exercise Nutrition and Metabolism	3
NUTR 222	Principles of Nutrition	3	APHS 412	Senior Seminar	3
Varies	Free elective	1	Varies	Free elective	3
Summer between semester 6 and 7 total		9			
OCCU 501	Foundations of Occupational Therapy #	3			
OCCU 505	Applied Anatomy and Lab #	3			
OCCU 508	Enabling Occupations #	3			
Fall – 7th semester total		16	Spring – 8th semester total		16
OCCU 524	Theoretical Perspectives in Occ Therapy #	3	IPEC 500	Interprofessional Education (IPE) Seminar	1
OCCU 526	Analysis of Occupation #	3	OCCU 530	Research Methods and Design	3
OCCU 510	Evidence-Based Inquiry #	3	OCCU 553	Common Conditions in OT Practice	3
OCCU 535	OT Process: Psychosocial Practice &Lab #	4	OCCU 555	Neurological Conditions OT Practice &Lab	4
OCCU 544	Therapeutic Techniques #	3	OCCU 562	Level I Fieldwork: Pediatric Practice	1
			OCCU 565	OT Process: Pediatric Practice &Lab	4
Summer between Semester 8 & 9 total		8			
OCCU 602	Level 1 Fieldwork Adult Practice	1			
OCCU 605	OT Process: Adult Practice & Lab	4			
OCCU 615	Adaptations & Assistive Technology &Lab	3			
Fall – 9th semester total		14	Spring – 10th semester total		10
OCCU 572	Level I Fieldwork: Community Intervent	2	OCCU 583	Cultural & Global Considerations	2
OCCU 573	Health Promotion OT: Community Inter	2	OCCU 586	Spirituality, Meaning & Health in Occupat	2
OCCU 623	Administration, Management & Leadership	3	OCCU 622	Fieldwork Level II-A	6
OCCU 625	OT Process: Older Adult Practice &Lab	4			
OCCU 630	Research Seminar	3			
Summer after semester 10 total		7			
OCCU 632	Fieldwork Level II-B	6			
OCCU 636	Enrichment Seminar	1			

*QuEST requirement

Graduate Course that fulfills Undergraduate Requirements (total of 25 credits)

Total UG Credits: 98; Total GR Credits Applied to the Undergraduate Degree: 25

Total Credits in the BS in APHS (Pre-OT) degree 123-124; Unique GR Credits: 55; Total Credits: 178-179 total credits
(total credits required if both degrees are completed: 203)

Applied Health Science (B.S.) with Pre-Physical Therapy Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
APHS 170	Concepts of Conditioning	2	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
BIOL 170	Cell and Animal Physiology (4)	4	COMM 105	Oral Communication*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
Varies	1 st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	PHYS 202	Physics II	4
Varies	APHS/ATED/HPED elective*	3	BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology	3	MATH 1xx	Math 102, 108 or 111	3-4
ENGL xxx	Literature* (1 st or 2 nd year)	3	HIST 1xx	History* (1 st or 2 nd year)	3
PHYS 201	Physics I	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	3
TOTAL		16	TOTAL		16-17
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	Varies	APHS/ATED/HPED elective **	3
BIOL 265	Microbiology	4	Varies	APHS/ATED/HPED elective**	3
Varies	PSYC 209, HDF5 210, 311, 312 or GERO 251	3	APHS 301	Exercise Physiology	4
Varies	Art, Music or Theatre* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
Varies	Elective	3	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
TOTAL		16	TOTAL		16
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 412	Senior Seminar	3
BIOL 460	Physiology	4	BIOL 465	Human Anatomy	4
Varies	APHS/ATED/HPED elective**	3	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
Varies	APHS/ATED/HPED elective**	3	APHS 325	Exercise Nutrition & Metabolism	3
TOTAL		13	TOTAL		13

*QuEST requirement

Total Credits: 123

**Students must take at least 9 credits of department electives (specific APHS/HPED or ATHT courses as listed in the major requirements course of study). These courses range from 2-4 credits. These courses should be chosen in consultation with your academic advisor.

Note: BIOL 265 (Offered every fall) ATHT 203 required for OT/PT Messiah University Programs

Applied Health Science (B.S.) Pre-Professional Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
BIOL 170	Cell and Animal Physiology (4)	4	COMM 105	Oral Communication*	3
APHS 170	Concepts of Conditioning	2	CHEM 106	General Chemistry II	4
CHEM 105	General Chemistry I	4	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
Varies	1 st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	BIBL 20x	Knowledge of the Bible* (2 nd or 3 rd year)	3
BIOL 265	Microbiology	4	HIST 1xx	History* (1 st or 2 nd year)	3
CHEM 204 or CHEM 309	Introduction to Organic Chemistry or Organic Chemistry I	4	APHS 301	Exercise Physiology	4
MATH xxx	MATH 102, 108 or 111 Calculus*	3-4	Varies	Non-Western Studies* (2 nd or 3 rd year)	3
			PSYC 101	Introduction to Psychology	3
TOTAL		14-15	TOTAL		17
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	APHS 325	Exercise Nutrition and Metabolism	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	PHYS 202	Physics	4
Varies xxx	Art, Music or Theatre* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
ENGL xxx	Literature* (1 st or 2 nd year)	3	Varies	APHS/ATED/HPED elective	3
PHYS 201	Physics	4	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		16
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 412	Senior Seminar	3
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	Varies	Electives or Internship	3
Varies	APHS/ATED/HPED elective	3	Varies	Electives	3
BIOL 465	Human Anatomy	4	BIOL 460	Physiology	4
TOTAL		16	TOTAL		13

*QuEST requirement
123 credits required to graduate

**Students interested in pursuing medical school should work closely with the Pre-Health advisor and take CHEM 310 Organic Chemistry II (4). In addition, CHEM 410 Biochemistry I (4) is strongly recommended. Students considering physician assistant programs should work closely with their advisor and the Office of Pre-Health Professions. The pre-requisites for schools vary so students may need to consider additional courses (e.g. BIOL 260, Genetics, CHEM XXX, Organic Chemistry II).

Health & Physical Education with K-12 Teacher Certification (B.A.) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 10x	First Year Seminar*	3	COMM 105	Oral Communication*	3
HPED 201	Foundations of P.E.	1	IDCR 151	Created and Called for Community*	3
HIST 141 or 142	QuEST U.S. History*	3	Varies	QuEST MATH/CIS/STAT *	3
ENGL 122-176	QuEST Literature*	3	Varies	QuEST Second Semester of Language*	3
Varies	QuEST MATH/CIS/STAT *	3	WELL 127	Aquatics	1
Varies	QuEST 1 st Semester of Language*	3	WELL 1xx	Wellness course option	1
			HPED 236	Med. Aspects of Sport	2
	TOTAL	16		TOTAL	16
<i>Take PAPA Exam unless exempt by SAT/ACT Score</i>			<i>March 31st – Submit clearances to TEP Office in Boyer 414</i>		
Sophomore – Fall			Sophomore – Spring		
BIOL 158	Human Biology*	4	EDUC 203†	Educational Psychology*	3
HDFS 210	Child Development	3	EDSP 207†	Intro. to Special Education	3
HPED 229	Motor Learning	3	TEP 210†	Sophomore Field Experience (T&R)	0
BIBL 20x	QuEST Encountering the Bible*	3	HPED 224	Personal and Community Health	3
APHS 170	Concepts of Conditioning	2	EDUC 346	Sociocultural Perspectives on Education	3
WELL 1xx	Wellness course option	1	Varies	QuEST 3 rd Semester of Language*	3
WELL 1xx	Wellness course option	1	APHS 271	Kinesiology	3
	TOTAL	17		TOTAL	18
<i>Apply to TEP in January. Student MUST pass the PAPA exam by August 15 prior to their Junior year (non-traditional students: Fall in which they enroll in TEP 310. March 1st-TEP Application Submitted online. Math, CIS, FYS, and Literature must be completed or in process (one of these) in order to enroll in 300 level courses</i>					
Junior – Fall			Junior – Spring		
TEP 310†	Field Experience (Must meet TEP admission requirements)	0	EDUC 308	Instr & Assessment w/Eng Lang	3
EDSP 307†	Inclusion Practices	3	APHS 201	Principles of Exercise Science* (STW)	3
EDUC 331†	Instr Design and Assessment for Middle and Secondary Grades	3	HPED 423	Principles of Admin.	3
HPED 305	Cont. Issues in Health	3	WELL xxx	Wellness Course Option	1
HPED 329	Sport in Society*	3	HPED 309	Physical Education Instruction Elem	3
Varies	QuEST Philosophy or Religion*	3	HPED 332	Teaching Adapted PE	1
WELL 1xx	Wellness course option	1	WELL 114	Dance and Rhythm Activities	1
	TOTAL	16		TOTAL	15
<i>Nov 1st – Application for Professional Semester due</i>					
Senior – Fall			Senior – Spring		
HPED 312	P.E. Instr. Secondary	3	EDUC 420†	Prof Issues in Educ	2
Varies	QuEST Arts/Music/Theater*	3	TEP 431†	Student Teaching HPE – K-12	9
THEO xxx	QuEST Christian Beliefs*	3	TEP 411†	Pre-student Teaching Exp.: HPE	0
Varies	QuEST Non-Western Studies*	2-3	TEP 407†	Student Teaching Seminar	1
HDFS 311	Adolescent Development	3			
	First Aid/CPR Competency	0			
<i>Take Praxis fall or early spring</i>					
Total		14-15		TOTAL	12

*QuEST requirement; †Courses must be taken concurrently

NOTE: If a student fails to complete the PAPA requirement by August 15 prior to their junior year, that student will be required to either 1) change majors or 2) stay at Messiah an additional year to complete the curriculum as it is designed.

Nutrition and Dietetics (B.S.) (for students graduating May 2022)
8 Semester Plan

Graduating May 2022, Rev. 1/2018

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Oral Communication*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	NUTR 121	Food and Food Science	3
NUTR 099	Opportunities in Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology *	3
APHS 170	Concepts of Conditioning	2			
TOTAL		16	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
BIOL 185	Anatomy and Physiology**	4	BIBL 20x	Knowledge of the Bible* (2 nd -4 th year)	3
CHEM 204	Introduction to Organic Chemistry**	4	BIOL 186	Anatomy and Physiology II**	4
BUSA 120	Principles of Management	3	STAT 269	Introduction to Statistics*	3
NUTR 222	Principles of Nutrition	3	Varies	History meeting QuEST*	3
			Varies	Literature meeting QuEST* (1 st or 2 nd year)	3
TOTAL		14	TOTAL		16
Junior – Fall			Junior – Spring		
BIOL 265	Microbiology	4	NUTR 331	Advanced Food Science & Technology	3
Varies	Non-Western Studies* (2 nd or 3 rd year)	2-3	NUTR 352	Community Nutrition	3
NUTR 322	Nutrition through the Life Cycle	3	PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3
NUTR 415	Food Service	3	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
TOTAL		16-17	TOTAL		15
Senior – Fall			Senior – Spring		
Varies	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3	NUTR 412	Medical Nutrition Therapy II	3
NUTR 410	Nutrition Education and Counseling	3	NUTR 426	Nutrient Metabolism & Research Methods II	3
NUTR 411	Medical Nutrition Therapy I	3	Varies	Elective	3
NUTR 425	Nutrient Metabolism & Research Methods I	4	Varies	Elective	3
NUTR 493	Senior Seminar	1	Varies	Arts* (1 st or 2 nd year)	3
TOTAL		14	TOTAL		15

*QuEST requirement

**Students may substitute BIOL 170, 166, and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

Nutrition and Dietetics (B.S.) (for students graduating May 2023)
8 Semester Plan

Graduating May 2023, Rev. 1/2018

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Oral Communication*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	NUTR 121	Food and Food Science	3
NUTR 099	Opportunities in Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology *	3
APHS 170	Concepts of Conditioning	2			
TOTAL		16	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
BIOL 185	Anatomy and Physiology	4	BIBL 20x	Knowledge of the Bible* (2 nd -4 th year)	3
CHEM 204	Introduction to Organic Chemistry	4	BIOL 186	Anatomy and Physiology II	4
BUSA 120	Principles of Management	3	STAT 269	Introduction to Statistics*	3
NUTR 222	Principles of Nutrition	3	Varies	History meeting QuEST*	3
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	Varies	Literature meeting QuEST* (1 st or 2 nd year)	3
TOTAL		15	TOTAL		16
Junior – Fall			Junior – Spring		
NUTR 322	Nutrition through the Life Cycle	3	NUTR 412	Medical Nutrition Therapy II	3
NUTR 411	Medical Nutrition Therapy I	3	NUTR 426	Nutrient Metabolism & Research Methods II	3
NUTR 425	Nutrient Metabolism & Research Methods I	4	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
			Varies	Elective	3
			NUTR 215	ServSafe Manager	1
TOTAL		13	TOTAL		16
Senior – Fall			Senior – Spring		
BIOL 265	Microbiology	4	Varies	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3
NUTR 415	Food Service	3	Varies	Elective	3
NUTR 210	Food Around the World	2	NUTR 333	Food Technology	2
NUTR 493	Senior Seminar	1	Varies	Elective	3
NUTR 437	Behavioral Health/Counseling (1 st 7)	1.5	Varies	Arts* (1 st or 2 nd year)	3
NUTR 438	Nutrition Education (2 nd 7)	1.5			
TOTAL		13	TOTAL		14

*QuEST requirement,

** Students may substitute BIOL 170, 166, and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

Nutrition and Dietetics B.S.(for students graduating December 2023)
Suggested Plan of Study showing completion in 7 semesters

Course #	Course name	Credits	Course #	Course name	Credits
Semester 1 – Fall			Semester 2 – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called*	3
PSYC 101	Introduction to Psychology*	3	Varies	2nd language* (1st or 2nd year)	3
Varies	1st language* (1 st or 2 nd year)	3	COMM 105	Foundations of Oral Communication*	3
CHEM 105	General Chemistry I	3-4	CHEM 106	General Chemistry II	4
APHS 170	Concepts of Conditioning*	2	NUTR 121	Food and Food Science	3
NUTR 102	Introduction to Nutrition and Dietetics	1	NUTR 215	ServSafe Manager	1
TOTAL		16	TOTAL		17
Summer between semester 2 and 3			Free elective: 3 credits		
Semester 3 – Fall			Semester 4 – Spring		
HIST XXX	History or Literature*	3	Varies	Third Language or Cross Cultural*	3
BIOL 185	Anatomy and Physiology I	4	Bible 201	Knowledge of the Bible*	3
CHEM 204	Introduction to Organic Chemistry	4	BIOL 186	Anatomy and Physiology II	4
NUTR 222	Principles of Nutrition	3	BIOL189 or 260	Genetics	3
BUSA 120	Principles of Management	3	STAT 269	Introductory Statistics*	3
TOTAL		17	TOTAL		16
Summer between semesters 4 and 5			ATHT 203: Medical Terminology and Topics – 2 credits (online)		
Semester 5 – Fall			Semester 6 – Spring		
ENG XXX	History or Literature*	3	THEO 2xx	Christian Beliefs* (2nd or 3rd year)	3
NUTR 210	Food and Culture*	2	IDS XXX	Ethics/Pluralism/World Views* (3rd or 4th year)	3
RELI/PHIL	Religion/Philosophy*	3	NUTR 322	Nutrition through the Life Cycle	3
Varies	Art, Music, Theatre*	3	NUTR 428	Nutrient Biochemistry	4
BIOL 265	Microbiology	4	NUTR 333	Food Technology	2
Varies	Free Elective	3	Varies XXX	Free Elective (or non-western)	3
XXX					
TOTAL		18	TOTAL		18
Summer Between Semester 6 and 7 - no required courses					
Semester 7 – Fall			Semester 8 – Spring (Grad)		
NUTR 430	Nutrition Assessment (Lab course)	1			
NUTR 432	Introduction to Medical Nutrition Therapy	3			
NUTR 450	Understanding and Applying Research	3			
NUTR 437	Behavioral Health/Counseling (1 st 7)	1.5			
NUTR 438	Nutrition Education (2 nd 7)	1.5			
NUTR 415	Food Service	3			
Varies	Free elective	2-3			
NUTR 493	Senior Seminar in Nutrition and Dietetics	1			
TOTAL		16-17			

*QuEST Requirement

Nutrition and Dietetics B.S. (for students graduating May 2024)
Suggested Plan of Study showing completion in 8 semesters

Course #	Course name	Credits	Course #	Course name	Credits
Semester 1 – Fall			Semester 2 – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called*	3
Varies	1st language* (1 st or 2 nd year)	3	Varies	2nd language* (1st or 2nd year)	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Foundations of Oral Communication*	3	NUTR 121	Food and Food Science	3
NUTR 102	Introduction to Nutrition and Dietetics	1	NUTR 215	ServSafe Manager	1
TOTAL		14	TOTAL		14
Summer between semester 2 and 3					
Semester 3 – Fall			Semester 4 – Spring		
APHS 170	Concepts of Conditioning*	2	Varies	Third Language or Cross Cultural*	3
BIOL 185	Anatomy and Physiology I	4	Bible 201	Knowledge of the Bible*	3
BUSA 120	Principles of Management	3	BIOL 186	Anatomy and Physiology II	4
NUTR 222	Principles of Nutrition	3	BIOL189	Genetics	3
PSYC 101	Introduction to Psychology*	3	STAT 269	Introduction to Statistics	3
TOTAL		15	TOTAL		16
Summer between semesters 4 and 5			ATHT 203 Medical Terminology and Topics - 2		
Semester 5 – Fall			Semester 6 – Spring		
BIOL 265	Microbiology	4	THEO 2xx	Christian Beliefs* (2nd or 3rd year)	3
CHEM 204	Introduction to Organic Chemistry	4	NUTR 322	Nutrition through the Life Cycle	3
ENG XXX	Literature*	3	NUTR 428	Nutrient Biochemistry	4
NUTR 210	Food and Culture*	2	NUTR 333	Food Technology	2
HIST XXX	History*	3	Varies XXX	Free Elective (or non-western)	3
TOTAL		16	TOTAL		15
Summer Between Semester 6 and 7 - no required courses					
Semester 7 – Fall			Semester 8 – Spring (Grad)		
NUTR 430	Nutrition Assessment (Lab course)	1			
NUTR 432	Introduction to Medical Nutrition Therapy	3	Varies	Art, Music, Theatre*	3
NUTR 450	Understanding and Applying Research	3	IDS XXX	Ethics/Pluralism/World Views* (3rd or 4th year)	3
NUTR 437	Behavioral Health/Counseling (1 st 7)	1.5	RELI/PHIL	Religion/Philosophy*	3
NUTR 438	Nutrition Education (2 nd 7)	1.5	Varies XXX	Free Elective	3
NUTR 415	Food Service	3	Varies XXX	Free Elective	3
NUTR 493	Senior Seminar in Nutrition and Dietetics	1			
Varies XXX	Free Elective	2-3			
TOTAL		16-17	Total		15

*QuEST Requirement

**Sport Management (B.A.) (students entering Fall 2022)
8 Semester Plan – for starting Even Year**

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
COMM 105	Oral Communication*	3	Varies	1 st language*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
MATH/CIS/STAT	Mathematical Science* (1 st year)	3	HIST 1xx	History* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1 st or 2 nd year)	3
SPMT 110	Sport Management Careers and Content	1	APHS 170	Concepts of Conditioning	2
BUSA 120	Principles of Management	3	CIS 190	Strategic Use of the Technology	3
TOTAL		16	TOTAL		17
Sophomore – Fall			Sophomore – Spring		
Varies	2 nd language* (1 st or 2 nd year)	3	SPMT 211	Economics and Governance in Sports	3
SPMT 210	Ethics and Law in Sport Management	3	ACCT 242	Managerial Accounting	3
ACCT 141	Financial Accounting	3	MRKT 130	Marketing Principles	3
BIOL 158	Human Biology*	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
Varies	Elective	3	Varies	Elective	3
TOTAL		16	TOTAL		14-15
Junior – Fall			Junior – Spring		
BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3	APHS 201	Principles of Exercise Science	3
SPMT 313	Sport Facility and Event Management	3	HPED 329	Sport in Society	3
INTE 391	Internship	3	SPMT 314	Sponsorship and Marketing in Sport Manage	3
Varies	Elective	3	SPMT 410	Topics in Sport Management	2
TOTAL		15	TOTAL		14
Senior – Fall			Senior – Spring		
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	SPMT 411	Senior Seminar	3
ENGL 1xx	Literature* (1 st or 2 nd year)	3	INTE 391	Internship	3
BUSA 381	Business Law I	3	HPED 423	Principles of Administration	3
Varies	Electives	4	Varies	Elective	3
INTE 391	Internship	3	Varies	Elective	3
TOTAL		16	TOTAL		15

*QuEST requirement

*Note: Many Sport Management courses are offered alternate years. Consult your academic advisor.

**Sport Management (B.A.) (students entering Fall 2021)
8 Semester Plan – for starting Odd Years**

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
COMM 105	Oral Communication*	3	Varies	1 st language*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
MATH/CIS/STAT	Mathematical Science* (1 st year)	3	HIST xxx	History* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1 st or 2 nd year)	3
SPMT 110	Sport Management Careers and Content	1	APHS 170	Concepts of Conditioning	2
BUSA 120	Principles of Management	3	CIS 190	Strategic Use of the Technology	3
		TOTAL			TOTAL
		16			17
Sophomore – Fall			Sophomore – Spring		
Varies	2 nd language* (1 st or 2 nd year)	3	SPMT 314	Sponsorship and Marketing in Sport Manage	3
SPMT 313	Sport Facility and Event Management	3	ACCT 242	Managerial Accounting	3
ACCT 141	Financial Accounting	3	MRKT 130	Marketing Principles	3
BIOL 158	Human Biology*	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
Varies	Elective	3	Varies	Elective	3
		TOTAL			TOTAL
		16			14-15
Junior – Fall			Junior – Spring		
BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3	APHS 201	Principles of Exercise Science	3
SPMT 210	Ethics and Law in Sport Management	3	HPED 329	Sport in Society	3
INTE 391	Internship	3	SPMT 211	Economics and Governance in Sports	3
Varies	Elective	3	HPED 423	Principles of Administration	3
		TOTAL			TOTAL
		15			15
Senior – Fall			Senior – Spring		
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	SPMT 410	Topics in Sport Management	2
ENGL xxx	Literature* (1 st or 2 nd year)	3	SPMT 411	Senior Seminar	3
BUSA 381	Business Law I	3	INTE 391	Internship	6
Varies	Electives	4	Varies	Elective	6
		TOTAL			TOTAL
		13			17

*QuEST requirement

*Note: Many Sport Management courses are offered alternate years. Consult your academic advisor.